

# Ease into Adventure

From scenic cycles across islets to smooth paddles in pristine waters, Norway offers low-key excursions for all ages.

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Hemsedal, Buskerud

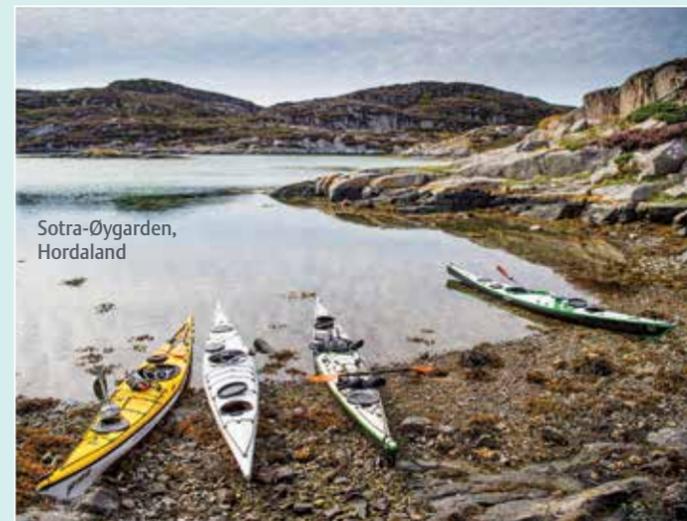


Lofoten



The Fjord Coast, Sogn and Fjordane

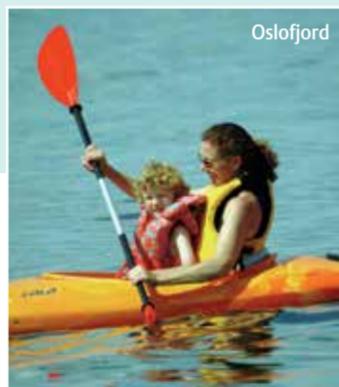
**Bonus**  
 The Sognefjord region is rich with mountains, islands, glaciers, farmlands and fjords. It's a popular place for paddling and hiking.



Sotra-Øygarden, Hordaland



Geirangerfjord



Oslofjord



Reinefjorden, Lofoten

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### Island Hopping Along the Helgeland Coast

With its crystal clear waters sheltered from the western sea, the Helgeland coast offers a safe, yet beautiful way to kayak just south of the Arctic Circle. Weaving through the numerous islets and islands strewn along this coast, one can soak in views of the staggering mountains jutting up in the distance. Helgeland Kayak offers three-hour guided kayaking trips off the island of Tomma, while Tømmervika Adventure Center offers three-hour introductory courses to sea kayaking. Hav & Fritid (Sea & Leisure) in Nesna offers kayak courses and can suggest self-guided routes suitable for beginners.

#### Where to Stay

Located in Nesna, Havblikk offers kayak rental and family-friendly cabins for up to 10 people. Bonus for kids: the lodging's water park includes the largest water slide in northern Norway. [havblikknesna.no](http://havblikknesna.no)

### Paddling the Oslofjord

Combine city and nature with a quiet paddle along the Oslofjord. The 100-kilometer stretch offers scenic, yet serene escapes to nearby beaches and islands. Oslo Kayak Tours offers two- and three-hour guided tours aimed at beginners ages 6 and older. They also offer sunset tours and custom tours upon request. For self-guided paddling, the Bærum Maritime Centre rents kayaks and canoes for up to 24 hours at a time.

#### Nearby Gem

Another quick seaside escape is Ingierstrand Beach on the eastern outskirts of Oslo, which boasts a diving tower that kids will love. Grill your own meal or dine at the seaside restaurant set in a historic building.

### Pristine Paddling in Geirangerfjord

Famous for its majestic waterfalls, lush mountains and staggering cliffsides, the Geirangerfjord is a UNESCO World Heritage site — and a fantastic way to experience fjord kayaking. The area is rarely windy, making the waters calm and inviting for paddling. Active Geiranger offers guided kayak trips in the fjord, with scenic visits to the Seven Sisters and the Suitor waterfalls. Children ages 10 to 15 can also join.

#### Where to Stay

At Grande Hytteutleige, every cabin includes a veranda and stunning views of the Geirangerfjord. They also offer kayak rental and can book guided tours for you. [grande-hytteutleige.no/en](http://grande-hytteutleige.no/en)

### Lake Kayaking in Voss

Nestled between the Sognefjord and Hardangerfjord, Voss is a beautiful base for exploring Fjord Norway by water. And while it's known as Norway's adventure capital, Voss also boasts two beautiful lakes nearby, Lønavatnet and Vangsvatnet — both of which offer scenic, yet relaxing paddles in pristine water. Nordic Ventures offers guided kayaking tours in both lakes, with BBQ lunch provided. For more guided tours, Outdoor Norway rents solo and double kayaks for adults and kids ages 4 and older (accompanied by parent).

#### Nearby Gem

Thanks to an adapted path for the public, visitors can safely enjoy the nearby Bordalsgjelet Gorge, a dramatic, deep gorge complete with a waterfall and rushing river below. It's a 45-minute walk from Voss town center, but you can also park by the trail to save time.

### Sea Kayaking in Lofoten

Scattered above the Arctic Circle, the Lofoten Islands offer sea kayaking with spectacular views of the mountains, deep fjords and Norwegian Sea. Despite its dramatic landscape, the alpine archipelago boasts a range of leisurely paddling adventures. XXLofoten offers guided kayaking in clear, calm waters from Henningsvær and the Svolvær harbor — great for those with little or no kayaking experience. They also offer a scenic nighttime kayak under the Midnight Sun (the sea is typically calmer at night). Lofoten Aktiv offers half-day trips along small islands, bays and beaches as well.

#### Where to Stay

Set on a separate island in the Svolvær harbor, the charming Anker Brygge offers beautifully restored 19th-century cabins and gourmet, picturesque dining at its waterfront restaurant. [anker-brygge.no](http://anker-brygge.no)

## Hiking Hardangervidda

Encompassing nearly 3,500 square kilometers, Hardangervidda National Park features the largest mountain plateau in Northern Europe and is Norway's largest national park. The park offers a variety of easy, well-marked trails to soak in the scenery, wildlife and landscape. Kvennavegen is a family-friendly walk in the foothills where a gravel and plank path takes you over marshland to the rocky bay by River Kvenna. Information boards along the nearly two-kilometer route describe the life and history of Møsstrand, an old mountain village nearby with no road access. Another popular (and accessible) hike is Falkeriset — a gently sloping trail offering panoramic views of Hardangervidda and Gaustatoppen.

### Where to Stay

With more than 40 fully equipped cabins, Rauland Feriesenter has 10 kilometers of marked mountain trails nearby. Kids will love the facility's playground — complete with a climbing wall, air castle and trampolines. [visitrauland.com/Aktoer/Rauland-Feriesenter](http://visitrauland.com/Aktoer/Rauland-Feriesenter)

## Tranquil Trails Along the Fjord Coast

Western Norway is dotted with deep fjords and stunning mountains — including the majestic Lihesten, featuring a sandstone peak that rises over 750 meters on a peninsula. However, you don't need to scale this mountain to savor its beauty. There are a variety of moderate trails nearby that offer scenic views of this western landmark. Ideally situated north of the Sognefjord, FjordKick offers guided walking trips along the coast, as well as hikes through the surrounding valleys and moorland; trips can be tailored to desired duration and level of difficulty.

### Where to Stay

Boasting panoramic views of Lihesten and the surrounding landscape, FjordKick is a picturesque place to park for a few days. Bonus: Each cabin comes with a terrace to capitalize on those views. [fjordkick.no/eng](http://fjordkick.no/eng)



Hardangervidda



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Karmøy



Vega

## Exploring the Vega Islands

Included on UNESCO's World Heritage List, the archipelago of Vega boasts over 6,000 islands, islets and skerries. While biking is a beloved means for exploring the area, foot travelers can enjoy over a dozen marked trails on the mainland — many of them short, flat and suitable for all ages. From relaxed, rural paths with pretty mountain vistas to tranquil treks along the waterfront, options abound for easygoing adventures here.

### Where to Stay

Located on the northwest side of the main island, Vega Havhotell offers ocean-view suites and gourmet, locally sourced meals from Norwegian chef Jon Aga. [havhotellene.no](http://havhotellene.no)

## Island and Beach Hiking on Karmøy

Separated from southwestern Norway by the Karmsund strait, the island of Karmøy is rich in heritage and natural beauty. From leisurely strolls along its silky white beaches, to walks through moorland bedecked in blooming heather, the island is a true gem for gentle hiking enthusiasts. Åkrasanden beach is a popular base for exploring the island (it was named Norway's most beautiful beach in 2014). After sinking your toes in the beach's glistening white sand (kite-flying is also popular here), head to the north end to find a two-hour nature trail leading through rich flora and birdlife. Views of Karmøy's historical monuments can also be seen along the way, including boathouse ruins dating back to 160 AD.

### Where to Stay

The historic village of Avaldsnes is also on Karmøy — and is home to the oldest royal seat in Norway. From ancient burial mounds and memorial stones to Olav's Church (dating back to the 13th century), the town is well worth the visit.



Lihesten



Hemsedal, Buskerud



Svartisen Glacier, Bodø

**Bonus**  
Northern Norway offers many accessible and unique hiking experiences, such as Svartisen, Norway's second largest glacier.

